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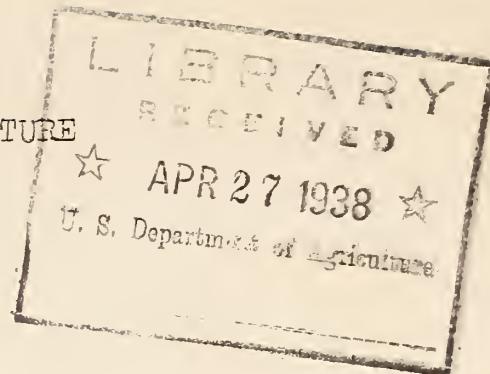
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Reserve

UNITED STATES DEPARTMENT OF AGRICULTURE
BUREAU OF HOME ECONOMICS
Washington, D. C.

FOODS RICH IN CALCIUM



- Almonds
- *Amaranth
- Beans, common or kidney, dried or fresh, shelled; also snap or string
- *Beet greens
- *Broccoli, sprouting
- Burdock, roots
- *Buttermilk
- Cabbage (green), headed
- *Cabbage, Savoy and nonheaded
- *Cabbage, Chinese, nonheaded varieties
- Carrots
- *Cauliflower
- Celery
- *Chard
- *Cheese, Cheddar or American
- Cheese, cottage
- *Cheese, Swiss
- Chickpeas
- Chicory, leaves
- *Clams
- *Collards
- Cottonseed flour
- Cream
- *Dandelion greens
- Dock or sorrel
- Eggs, whole
- Egg yolk
- Endive
- Figs, fresh or dried
- Hazelnuts
- *Kale
- Kohlrabi
- Leeks
- Lettuce
- Lobster
- Maple sirup
- *Milk, whole or skimmed; evaporated, condensed, and dried
- Molasses
- *Mustard greens
- Okra
- *Orach
- Oysters
- Parsnips
- Romaine
- Rutabagas
- *Sesame seed
- Shrimp
- Sorghum sirup
- Soybeans
- Soybean flour
- Spinach, New Zealand
- *Tendergreens
- Turnips
- *Turnip tops
- Watercress

*Excellent

List based on data from a number of sources, chiefly from Sherman's "Chemistry of food and nutrition," 4th edition, 1932. Fresh fruits and vegetables here included average 0.045 percent or more; those marked as excellent average at least 0.100 percent. Drier foods here included, and those used in smaller quantities, as dried vegetables, dried fruits, seeds, nuts, and sirups, contain correspondingly higher percentages.

FOODS RICH IN PHOSPHORUS

Almonds	*Lobster
*Barley, whole	Meats (having more than 6 percent protein)
*Beans, common or kidney, dried or fresh, shelled	*Meats, lean or medium fat (having more than 12 percent protein)
Beans, lima	*Milk, whole or skimmed; evaporated, condensed, and dried
Brussels sprouts	Oatmeal
Buckwheat flour	Orach
* Buttermilk	*Oysters
Cheese, Cheddar or American	Parsnips
Cheese, cottage	Peanuts
Cheese, Swiss	*Peas
Chickpeas	Pecans
Clams	Rice, brown
Cocoa	*Rice, bran
Collards	*Rice, polish
Corn, green, sweet	Rye flour
Corn meal	*Sesame seed
*Cottonseed flour	*Shrimp
*Cowpeas, or black-eyed peas, shelled	*Soybeans
Dandelion greens	*Soybean flour
*Eggs, whole	Walnuts
*Egg yolk	*Wheat, whole grain, graham or whole wheat flour
*Fish	*Wheat bran
Hazelnuts	*Wheat germ
Kohlrabi	
*Lentils	

*Excellent

List based on data from a number of sources, chiefly from Sherman's "Chemistry of food and nutrition," 4th edition, 1932. Fresh fruits, fresh vegetables, and meats here included average 0.065 percent or more phosphorus; those marked as excellent average at least 0.130 percent. Drier foods here included, and those used in smaller quantities as dried vegetables, dried fruits, cereal products, seeds, nuts, and cocoa, contain correspondingly higher percentages.

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